



PARENTING TIPS TO KEEP TEEN DRIVERS SAFE

Motor vehicle crashes are the No. 1 cause of death for adolescents. Teen drivers (ages 16 to 19) are involved in fatal crashes at four times the rate of adult drivers (ages 25 to 69). Most of these crashes are preventable. That's why The Children's Hospital of Philadelphia and State Farm® have joined to develop tools that will help families reduce the risk of teens being involved in a serious crash.

According to recent research of teen views on driving, teens who say their parents set rules and pay attention to their activities in a helpful, supportive way are half as likely to be in a crash. This balanced approach to parenting is called authoritative parenting. Here are some tips to develop this approach:

1. **Set clear rules, boundaries and expectations.** Rather than stating, "You'll do as I say," explain your reasoning. (Refer to "Set House Rules and Reduce Crash Risks for Your Teen" for specific rules.)
2. **It's about safety, not control.** Make sure they understand rules are in place for their safety, not to control them. As their skills develop and they become more responsible, introduce new privileges.
3. **Be responsive.** Listen to their concerns and, when appropriate, modify expectations to fit circumstances.
4. **Recognize their need to become independent.** Reward responsible behavior with greater privileges.
5. **Let them know you can be counted on for help and support.** How a parent shows support may be different from family to family, but it's important teens know you can be relied on. One way is to be the scapegoat to help them save face with friends.
 - Make sure your teens' friends know your tough rules. ("No way! My dad would kill me if I did that.")
 - Create a code word. Help teens get out of unsafe situations by calling or texting you with a previously agreed-upon code word that signals trouble. When you hear or see the word, pick them up right away.
6. **Pay attention.** To help teens make good safety decisions, keep the lines of communication open. Know where they are going and why, and discuss how they will get there and when they will be home. Provide alternatives to allow them to avoid unsafe driving situations.
7. **Lead by example.** Follow the rules of the road. Always wear a seat belt. Don't talk on a cell phone while driving. Don't speed.

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Learn the facts and get advice about teen driver safety at
www.teendriversource.org and www.statefarm.com/teendriving.

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